

# WhistleStop Nutrition: Post-Race Recovery

## Goals of Recovery Nutrition Include:



- ⇒ Begin nutrition recovery within 15-60 minutes after exercise
- ⇒ Replace muscle fuel (Carbohydrates) utilized during exercise
- ⇒ Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue
- ⇒ Restore fluid and electrolytes lost in sweat: weigh before and after exercise and replenish what was lost
- ⇒ **Aim for 3:1 ratio of carbohydrate: protein for optimal recovery and muscle repair. For example, 45-60 grams of carb: 15-20 grams of protein**

**\*Note:** Aim for ~half of your body weight in grams of carbohydrates. For example: 150 lbs. person would aim for 75 g carb

## Recovery Snack Ideas eat within 15-20 minutes

- ◇ Yogurt and granola + berries
- ◇ Low-fat chocolate milk
- ◇ Graham crackers w/peanut butter + banana
- ◇ Dried fruit and nuts
- ◇ 2 rice cakes w/almond butter and 1/2 banana
- ◇ Apple and string cheese
- ◇ 1/2 whole wheat bagel w/cream cheese
- ◇ Homemade or premade sports recovery smoothie

## Recovery Meal Ideas eat within 3-4 hours

- ◇ Whole wheat bread w/turkey, lettuce, mayo + pretzels + vegetables + milk
- ◇ Rice bowl w/beans, cheese, salsa, lettuce, avocado + whole wheat tortilla chips
- ◇ Stir-fry w/lean steak, broccoli, carrots, peppers, onions + brown rice
- ◇ Grilled salmon, steamed vegetables, acorn squash
- ◇ Chicken sausage over whole wheat penne pasta with tomato sauce & broccoli
- ◇ Two-three scrambled eggs, two pieces of whole-wheat toast w/jelly + mixed berries



Kelsae Ruppe, RD, LD, CPT  
Registered Dietitian  
Memorial Medical Center  
1615 Maple Lane  
Ashland, WI 54806  
Phone 715.685.5463  
[kyruppe@ashlandmmc.com](mailto:kyruppe@ashlandmmc.com)